



# Mindful Living Matters Newsletter

## Group Class Times

**Holy Spirit  
School, Bray  
Park**

**Monday  
6pm - 7.15pm**

**Wednesday  
6.15pm - 7.30pm**

**Embrace Life,  
North Lakes**

**Tuesday  
5.30pm - 6.30pm  
&  
6.45pm - 8pm**

***Namaste beautiful souls.*** The season is changing. The time of reflection moves into a time of new birth and re-birth. Winter has traditionally been a period of down time for me personally. Very little happens in the way of creating, beginning projects or actioning new ideas. As I connect with the energy of spring I find myself wanting to plan for the rest of the year and into 2015.

After a fantastic workshop at the beginning of August I feel inspired to grow the seed of creative expression in my own personal practice. I can already feel this leading to workshops and other ideas which will be actioned before summer arrives. I am looking forward to showcasing something I have been working on since earlier this year at the Embody Your Spirit Retreat on the 15 - 17 August. It has been an interesting journey in developing it and I am positive it will lead onto opening many doors to my creative yoga side.

There are a couple of things to cover in this newsletter so I hope you keep reading through it. As this is the first time in this format I would love to hear your thoughts. My objective is that it will become a printed format full of updates and interesting (and of course fun) information.

## August Competition Winner

*Ommm  
Birthday*

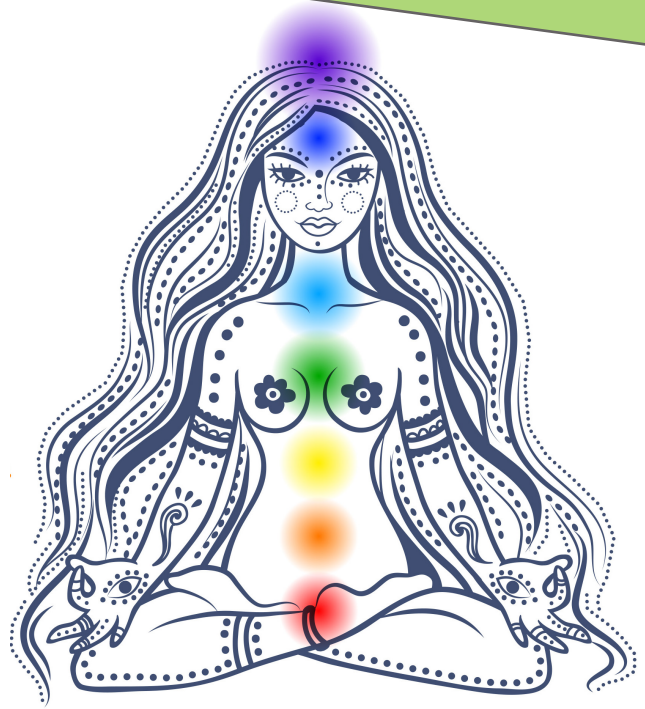


*Happy  
Ommm!*

Announcing the winner of the August Birthday Competition is JAN HILL. Congratulations Jan on winning all of your yoga classes for the month of August. Jan is a regular yogini who attends our Bray Park classes.

## Loyalty Program

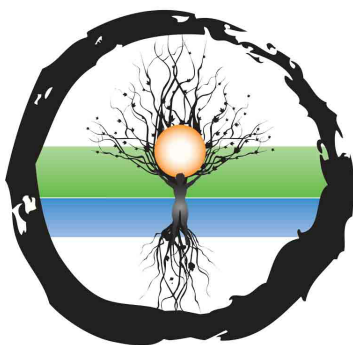
I have decided to set up a loyalty program for my clients. Over the next couple of weeks I will be sending you each an individual email with your loyalty level. This is part of my gift to each of you for your continued attendance to class. It has been a great privilege for me to have been able to journey with you in your yoga practice. I look forward to many more terms with you and this is just a little incentive to keep you coming. However I will point out that while it might motivate some to continue attending regular classes the greatest motivation comes from within. Please continue your wonderful journey and seek the connection with yourself through your personal home practice.



## Upcoming Events / Workshops

When I am not in class this is some of the upcoming events and workshops you will find me attending. You are welcome to come join me. I will be showcasing yoga and some of the work I love exploring.

- \* Embody Your Spirit Retreat 15-17 August (Gold Coast)
- \* Inspired Living Fair 12 October (Kallangur)
- \* North Lakes State College Multicultural Markets 19 October (North Lakes)
- \* Grass Roots Yoga Yin Yoga Teacher Training 15 - 16 November (Melbourne)



## Contact Details

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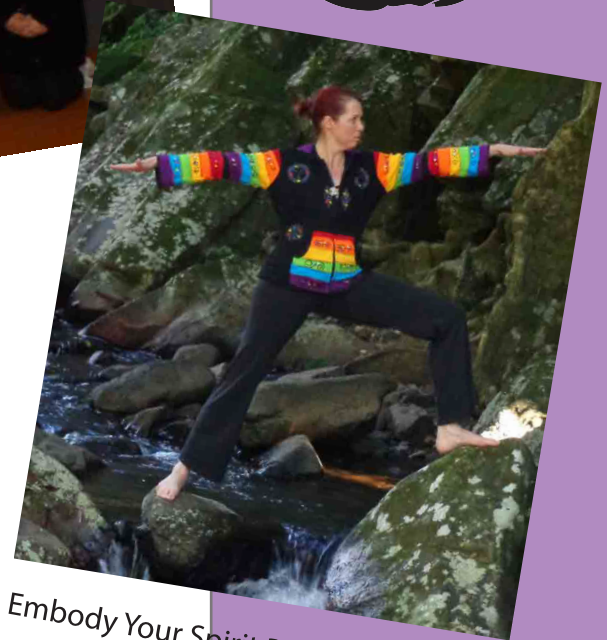
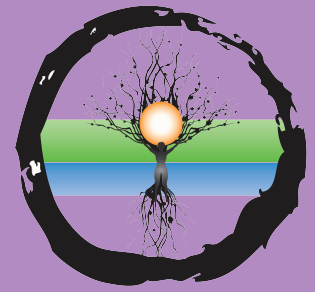
## PLEASE NOTE

There is **no class on Wednesday 13 August**. Holy Spirit School is having there annual school musical and require the hall for a dress reheasal. I am sure you will join me in wishing all the children and teachers involved a happy, fun night.

I am also taking a short break from the 30 August - 7 September therefore there is **no classes at any locations** during that period. This includes the **1st, 2nd, 3rd and 4th September**. Remember you still have you practice at home. Enjoy.



Yoga Pajama Party held at Holy Spirit School July 2014



Embody Your Spirit Retreat 2013

"Yoga takes you into the present moment,  
the only place where life exists."

### Fun Yoga Fact

*A male yoga practitioner is referred to as a "Yogi"  
A Female yoga practitioner is referred to as a "Yogini"*

### Benefits of Yoga

Just in case you need convincing that yoga is good for you, here is a list of the reasons I practice yoga.

- \* Improves respiration - yoga has drastically helped me regulate my breathing patterns and allowed me to breath more into my chest and lungs.
- \* Helps with stress - I am more calm and can handle almost anything when I regularly practice yoga
- \* Feeling balanced - yoga connects me to my body and brings a real mind / body balance
- \* Improved health - when I practice yoga I eat better, I am less sick even during winter and I feel fitter
- \* Stronger and more flexible - yoga supports my other exercise routine and without yoga I wouldn't be able to perform as well as I do.

What benefits have you seen from your yoga practice?  
Feel free to share it on the Mindful Living Matters  
Facebook Page

